

Creating a Healthier Minneapolis

healthy eating + physical activity + smoke-free living

The places in which people live, work, learn and play profoundly influence their health. People living in environments where nutritious food and physical activity are available and affordable are less likely to be obese. Likewise, people in smoke-free environments are less likely to suffer from tobacco-related illnesses.

As part of the Statewide Health Improvement Program (SHIP), the Minneapolis Department of Health and Family Support and its partners are making long-term, sustainable improvements in schools, worksites and other environments to support healthy living.

Turn the page for specific ways we're changing Minneapolis environments to make them healthier.

EASING THE BURDEN OF CHRONIC DISEASE

Obesity and tobacco use are among the most common causes of chronic disease such as asthma, cancer, heart disease and diabetes. These illnesses saddle individuals and their families with physical, emotional and financial strain, while costing the health care system billions of dollars each year. The Statewide Health Improvement Program (SHIP) is helping Minnesotans to live longer, healthier lives by reducing the burden of chronic disease.



Environments

Healthy Eating + Physical Activity + Smoke-Free Living

Community Gardens

Develop a policy framework to guide urban agriculture (commercial and non-commercial) and make it easier for people to grow their own food by converting empty city lots into neighborhood community gardens.

Corner Stores

Work with owners at 10 stores to improve the availability, affordability and quality of fresh produce and healthy foods.

Daycares

Help hundreds of child care providers and all PICA Headstart sites to develop healthy policies and practices related to food and physical activity for the children in their care.

Farmers Markets

Assist farmers markets in developing a system to accept electronic benefits transfer (EBT) so that low-income residents can use food stamps to purchase healthy, fresh produce.

Health Care Sites

Establish appropriate health screening and referral protocols at ten clinics and one health system to help patients obtain support and resources they need to eat better, be more active and quit smoking.

Housing Complexes

Partner with management and residents of 20 multi-unit properties to pass voluntary smoke-free policies to reduce exposure to secondhand smoke.

Improve access to healthy foods around 7 housing sites through gardening, farmers markets and other strategies and increase access to recreation opportunities.

Parks

Improve the food options at Minneapolis Park and Recreation sites by ensuring that 75% of food sold in vending machines is healthy.

Schools

Partner with public, charter and alternative schools in Minneapolis to develop and implement comprehensive wellness policies that optimize student physical activity and school nutrition practices; develop safe routes for children to walk and bike to school; and improve physical education curricula.

Worksites

Increase active commuting (biking and walking to work and during the work day) at 9 worksites through incentives, policies and supportive amenities such as bike racks and changing rooms.

Improve healthy food options in the City of Minneapolis' cafeterias, vending machines, and meetings; increase physical activity through active workstations such as treadmill computer desks.



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